



CORONADO AQUATICS CLUB (CAC)

COVID-19 RETURN TO CONTACT TRAINING

ATHLETE REQUIREMENTS TO ATTEND CONTACT TRAINING

In order for athletes to attend club training that will involve close contact within cohorts (teams), CAC athletes **13 years of age and older** must be tested for COVID-19:

1. Be tested bi-weekly (every other week) for COVID-19. Official, original, unaltered notification of a **negative** COVID-19 PCR or Antigen Test with the athlete's name must be submitted to **covidtestresults@cacpolo.org** no later than **7pm the Friday before the following practice week**. Testing can take place Sunday through Friday the previous week, but must be submitted by 7 pm Friday. See the calendar example below.
 - a. Coronado Unified School District (CUSD) offers free testing to CUSD students. Appointments can be made through this [link](#). You must enter a CUSD Student ID to make an appointment.
 - b. Because non-CUSD student athletes have a secondary relationship with CUSD via their use of BBMAC, they are also invited to receive free testing. Before being able to make an appointment via the [link](#), please email **covidtestresults@cacpolo.org** to request a unique ID number, which is required to schedule testing. This ID number will be used to identify you within the CUSD system. Do not share this ID with other CAC athletes.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|--|--|--|--|---|-------------------|
| Testing can be done | Testing can be done | Testing can be done | Testing can be done | Testing can be done | Testing can be done <hr/> This week's test result must be received by 7pm for following 2 weeks of contact practices | |
| | Contact Practices | Contact Practices | Contact Practices | Contact Practices | Contact Practices | Contact Practices |
| Testing can be done | Testing can be done <hr/> Contact Practices | Testing can be done <hr/> Contact Practices | Testing can be done <hr/> Contact Practices | Testing can be done <hr/> Contact Practices | Testing can be done <hr/> Contact Practices <hr/> This week's test result must be received by 7pm for following week for following 2 weeks of contact practices | Contact Practices |

COACH REQUIREMENTS TO ATTEND / LEAD / ASSIST WITH CONTACT TRAINING

Coaches fall into the following two categories for the testing requirement. Whether a coach submits to testing or not, masking and physical distancing are required when not in the water.

1. For coaches who will continue to coach from the pool deck, no testing is required.
2. For coaches who will to participate in trainings in the pool with athletes, CAC Coaches must:
 - a. Be tested bi-weekly (every other week) for COVID-19. Official, original, unaltered notification of a **negative** COVID-19 PCR or Antigen Test with the coach's name must be submitted to **covidtestresults@cacpolo.org** no later than **7pm the Friday before the following practice week**. See calendar example above.
 - i. Coronado Unified School District (CUSD) offers free testing to CUSD staff. Appointments can be made through this [link](#). You must enter a CUSD ID to make an appointment.
 - ii. Because non-CUSD staff Coaches have a secondary relationship with CUSD via their use of BBMAC, they are also invited to receive free testing. You will be assigned a unique ID number by CAC.

COVID-19 SAFETY PROTOCOLS ARE STILL IN EFFECT

CAC remains committed to promoting behaviors that keep children healthy through water polo training, as well as prevent the spread of COVID-19, including:

- Frequent and thorough handwashing.
- Covering coughs and sneezes. Not coughing or sneezing in hands.
- Social distancing between people who do not live in the same household.
- Using face coverings when not in the water, especially when physical distancing cannot be accomplished. The consistent and correct use of masks is one of many important mitigation strategies to help prevent the spread of COVID-19. Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice.
- Staying at home if exhibiting symptoms of COVID-19, testing positive for COVID-19, or being exposed to someone with COVID-19.

Follow the procedures outlined in the enclosed **CUSD COVID-19 Decision Tree** if symptoms develop or a positive test result is received.

AGREEMENT

Please check that you have read, understand and agree to the following:

- Even though Coronado Aquatics club practices are held in an outdoor pool and highly chlorinated environments kill the COVID-19 virus, it is still considered a high transmission risk sport.
- Faces and bodies are frequently submerged in chlorinated water, very likely killing the virus, but there is still a risk of infection and transmission.

By signing, I understand, acknowledge, and will abide by all procedures and policy requirements outlined in the Coronado Aquatics Club COVID-19 Return to Contact Training above and will not hold Coronado Aquatics Club liable for the infection, transmission, or health effects of COVID-19.

Parent/Guardian Name (print)

CAC Participant/Athlete's Name (print)

Parent/Guardian Signature

Date

COVID-19 Symptom Decision Tree*

(Version: 1/28/2021)

*Applies regardless of vaccination status



At school, student or staff member develops any one of the following signs or symptoms:

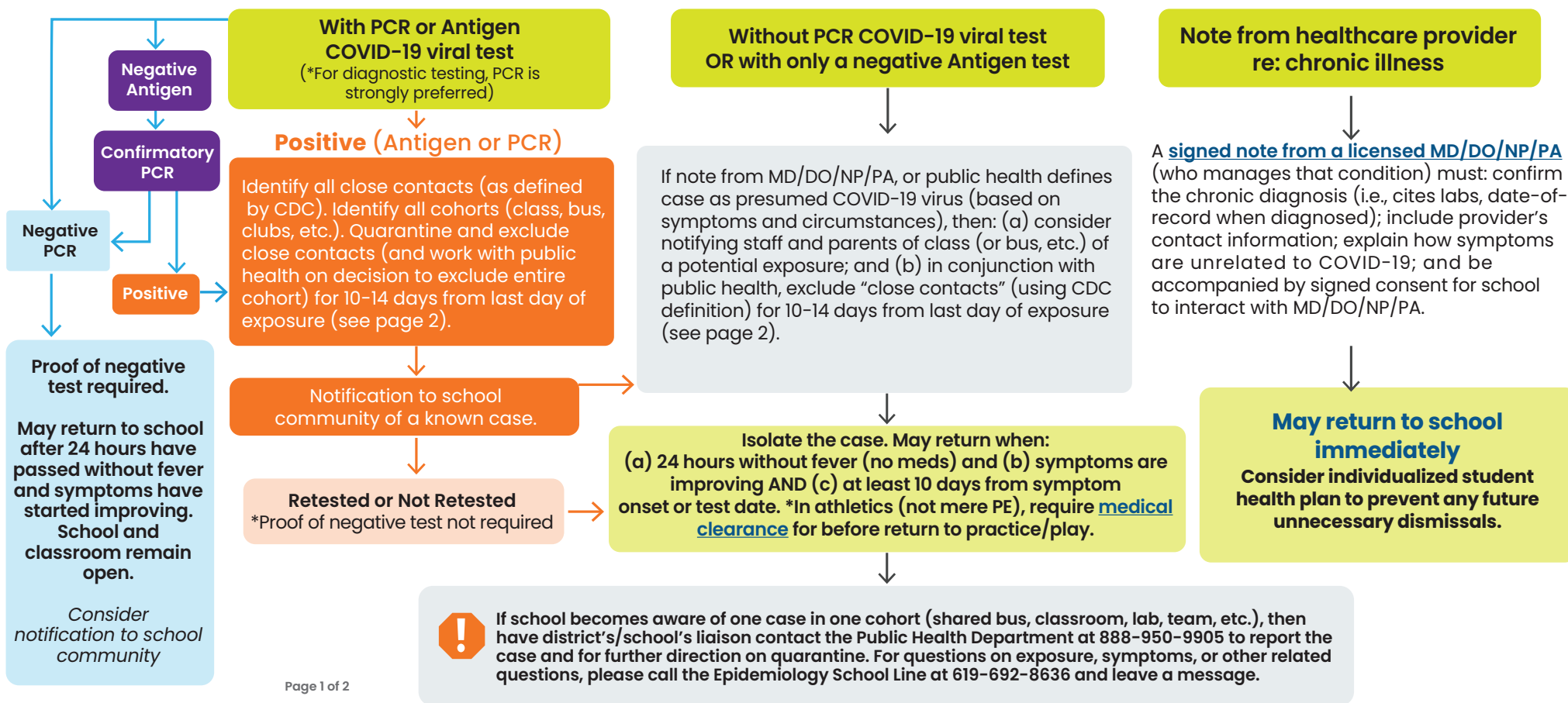
- Fever with or without chills/rigors (fever defined as $T \geq 100.0$ that does not resolve within 30 min. without medication)
 - Cough*
 - Shortness of breath
 - Nasal congestion/rhinorrhea (runny nose)*
 - Sore throat
 - Nausea, vomiting, or diarrhea*
 - Fatigue*
 - New loss of taste/smell
 - Headache*
 - Muscle or body aches*
 - Poor feeding or poor appetite*

* Disregard this symptom if school personnel already aware of a chronic, pre-existing condition that causes the symptom. The nature of the presenting symptom (e.g., duration, intensity) must be consistent with the underlying chronic condition.

ACTION: Apply appropriate PPE; isolate student/staff member until sent home; recommend they reach health care provider for instructions. Note: Other infections can cause same symptoms (e.g., flu, strep, etc.) *but these do not rule out COVID-19 as co-occurring*



STUDENT / STAFF TO STAY HOME UNTIL...



Order of the Health Officer

Quarantine of Persons Exposed to COVID-19

A "close contact" is a contact with a COVID-19 patient that occurs anywhere between 48 hours before the COVID-19 patient's symptoms began (or, for asymptomatic patients, two days prior to test specimen collection), and until the COVID-19 patient is no longer required to be isolated, and the contact:

- 1 Were within 6-feet of a COVID-19 patient for a cumulative total of 15 minutes or more over a 24-hour period; or
- 2 Had unprotected contact with the body fluids and/or secretions (including, but not limited to, being coughed on or sneezed on, sharing utensils, or drinking out of the same container) of a COVID-19 patient.

All persons without COVID-19 symptoms who have had close contact with a COVID-19 patient must immediately take quarantine themselves in their home or another residence. They may end quarantine and return to school/work after:

- **10 days** (e.g., on the 11th day) after the last contact with a COVID-19 patient **as long** as they can self-monitor for **COVID-19 symptoms** and **consistently use face covering and distance at least 6 feet** from all others through Day 14.
- **14 days** (e.g., on the 15th day) after the date of last exposure if they **cannot** self-monitor for **COVID-19 symptoms** nor consistently use face covering and distance at least 6 feet from all others after a 10-day quarantine or work with severely immunosuppressed persons (e.g., bone marrow or solid organ transplants, chemotherapy).
- Negative COVID-19 test results will not shorten the time for these individuals.
- **If symptoms occur during quarantine**, individuals should immediately self-isolate and contact their healthcare provider or San Diego County Public Health Services and seek testing.



NOTE: 7-day quarantine rarely applies in the K-12 school setting and only applies to healthcare workers; for further guidance see this [memo](#).

